



# Health Promotion and Prevention Initiatives (HPPI) Newsletter

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January/February 2007

*The HPPI Program is managed by the Directorate of Health Promotion and Wellness at the U.S. Army Center for Health Promotion and Preventive Medicine.*

## IN THE SPOTLIGHT

### ***Health Information Technology***

Electronic collection and reporting of health-related information gives healthcare providers data about health conditions, prescriptions, diagnostic tests and additional information essential to providing quality ambulatory care. Full implementation of health information technology (IT) tools will enable providers to deliver safer and more efficient care. AHLTA is the military's electronic health record.

### **Fast Facts**

- » When fully deployed, AHLTA will impact 9.2 million beneficiaries; 129,000 Military Health System staff; 411 medical clinics; 417 dental clinics; and 70 military hospitals.
- » In any given week, AHLTA will support 2.1 million prescriptions; 1.8 million outpatient encounters; 400,000 dental procedures; 19,000 inpatient admissions; and 2,000 births for Uniformed Services members, dependents, and retirees.

### **Technology implementation lessons learned from HPPI projects**

- » Health IT provides better continuity of care for patients and better communication between healthcare providers.
- » Electronic medical data enables more efficient patient flow and follow-up, and can prevent medical errors.
- » Health IT implementation issues include: slow, unreliable network access; uncaptured workload; inadequate training; problems with free text/note entry; inability to enter patient data in real time; and information that disappears from the record.
- » Lengthy software and report application update cycles can hamper effective health IT implementation.

## IDEAS FROM THE FIELD

### ***Alternatives to keeping a daily food journal***

Keeping a daily food journal is a great way to track the cues that influence behavior and monitor progress toward health goals. Unfortunately, program participants (especially children) have a hard time consistently writing down every morsel eaten. Here are some alternatives to a food journal:

- » Ask participants to take pictures of meals with a digital camera or cell phone.
- » Ask participants to track only one item per week, for example, vegetables one week, sweets or snacks the next week.
- » At the start of a program session, ask participants to write down everything eaten in the past 24 hours.
- » Conduct a more in-depth 3-day food recall with a few participants at each program session.
- » Using food models, ask participant to reconstruct a typical breakfast, lunch, dinner or snack.

## HEALTH PROMOTION RESOURCES

The Agency for Healthcare Research and Quality (AHRQ) National Resource Center for Health Information Technology provides background information and the latest evidence on key topics from the field of health information technology. <http://www.healthit.ahrq.gov>

## PROGRAM POINTERS

### *The role of behavior change in health promotion*

One of the challenges within health promotion is that behavior change is often required to improve participant health status. However, behavior change can be very difficult to affect and equally difficult to measure.

Don't ignore the role of behavior change when planning a health promotion initiative. Consider the following questions in order to maximize the effectiveness of the initiative:

- » What are the behavioral factors affecting the health area?
- » What is the evidence that a behavior change will make a difference?
- » Has the behavior been successfully changed by other health promotion programs?
- » What other social, physical, or environmental factors influence the health area or the target population?

Health behavior change theories and models have identified several characteristics that predispose individuals to successful behavior change. Develop health promotion initiatives that will foster these attributes for participants:

- » Has a desire to change
- » Faces a minimum of obstacles
- » Has the required skills and self-confidence to make a change
- » Believes the change will result in meaningful benefit(s)
- » Perceives the change as being in line with self image and social group norms
- » Receives reminders, encouragement and support to change from valued persons and community sources

Considering the role of behavior change in health promotion will help improve the effectiveness of your health promotion initiatives.

## DON'T REINVENT THE WHEEL

### *Health Information Operations Products*

Free educational materials are available from the USACHPPM Health Information Operations. Books, cards, tri-folds, posters, etc. on diverse topics such as bioterrorism agents, deployment and redeployment health guides, flu prevention, injury prevention, staying healthy OCONUS, and stress management can be obtained by visiting [http://chppm-www.apgea.army.mil/hio\\_public/orders.aspx](http://chppm-www.apgea.army.mil/hio_public/orders.aspx)

## HPPI NEWS and FAQs

### *HPPI FY07 Request for Proposals (RFP)*

The deadline to submit a HPPI FY07 Request for Proposals (RFP) application is 9 January 2007. All applications must be submitted online. Application questions, scoring criteria, and the link for the online FY07 application are available at: <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>

All HPPI FY07 applicants will be notified of their application status on or about 9 February 2007.

Contact the HPPI Program at [hppi\\_program\\_info@amedd.army.mil](mailto:hppi_program_info@amedd.army.mil) with any questions about the HPPI FY07 RFP.

For more information about [HPPI](#), to see past issues of the [HPPI Newsletter](#), or to [contact HPPI](#).